

Interpreting your Dependence and Readiness to Quit Questionnaire Results

Fagerstrom Questionnaire

How soon after you wake in the morning do you smoke your first cigarette?

- Within 5 minutes (3 points)
- Within 6-30 minutes (2 points)
- Within 31-60 minutes (1 point)
- Greater than 60 minutes (0 points)

Do you find it difficult NOT to smoke where smoking is forbidden?

- Yes (1 point) No (0 points)

Which of all of the cigarettes you smoke during the day is the most satisfying?

- First one in the morning (1 point)
- All others (0 points)

How many cigarettes do you smoke in a day?

- 10 or less cigarettes (0 points)
- 11 to 20 cigarettes (1 point)
- 21-30 cigarettes (2 points)
- 31 or greater cigarettes (3 points)

Do you smoke more in the morning than the rest of the day?

- Yes (1 point) No (0 points)

Do you smoke when you are sick enough to have to stay in bed?

- Yes (1 point) No (0 points)

Scoring: See above	Range	Description
Total Score	0 – 2	Very low dependence
	3 – 4	Low dependence
	5	Medium dependence
	6 – 7	High dependence
	8 – 10	Very High dependence

Readiness Questionnaire

If I quit, I would reduce my chances of developing chronic disease such as cancer

- Not at All Important (1 point)
- Somewhat Important (2 points)
- Moderately Important (3 points)
- Very Important (4 points)
- Extremely Important (5 points)

I would set a good example for others if I quit

- Not at All Important (1 point)
- Somewhat Important (2 points)
- Moderately Important (3 points)
- Very Important (4 points)
- Extremely Important (5 points)

My clothes, car, and home would smell better if I quit

- Not at All Important (1 point)
- Somewhat Important (2 points)
- Moderately Important (3 points)
- Very Important (4 points)
- Extremely Important (5 points)

I won't be exposing other people to secondhand smoke

- Not at All Important (1 point)
- Somewhat Important (2 points)
- Moderately Important (3 points)
- Very Important (4 points)
- Extremely Important (5 points)

Scoring: See above	Range	Description
Total Score	16 or >	You intend to quit in the next 6 months: you are well prepared to quit
	< 16	You do not intend to quit in the next 6 months: it would be helpful to spend more time preparing to quit